

# IN VITRO FERTILISATION (IVF) PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice)*



# Information For Patients

This booklet provides information to help you decide whether to undergo in vitro fertilisation (IVF) treatment. It explains how the process is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with your partner, family member or support person before making your decision. You will be asked to sign consent forms prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, it may be helpful to write them down so that you can discuss them with your fertility specialist or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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## What is In Vitro Fertilisation (IVF)?

In vitro fertilisation (IVF) is a form of assisted reproductive treatment in which eggs are collected from the ovaries and fertilised with sperm in a laboratory. The resulting embryo is then transferred into the uterus with the aim of achieving pregnancy.

IVF may involve the use of the patient's own eggs and sperm or donor gametes, depending on individual circumstances. Treatment protocols are tailored to each patient based on age, medical history and the underlying cause of infertility.

IVF is typically performed in stages over several weeks.

## Why Consider This Procedure?

You may consider IVF if you experience:

- Difficulty conceiving after a period of trying
- Blocked or damaged fallopian tubes
- Ovulation disorders
- Male factor infertility
- Endometriosis
- Unexplained infertility
- Need for fertility preservation or use of donor gametes

Suitability depends on medical evaluation and individual circumstances.

## Preparing for Treatment

Before treatment you may be advised to:

- Undergo fertility assessment and testing
- Disclose all medical conditions, medications and allergies
- Maintain a healthy lifestyle
- Stop smoking if advised
- Limit alcohol consumption
- Take prescribed medications or supplements
- Follow instructions regarding medication timing

Your specialist will develop a personalised treatment plan.

# Your Treatment Journey (International Patients)

## Initial Assessment

Your medical history, test results and prior treatments are reviewed.

## Travel Arrangements

Accommodation and transportation may be coordinated through the treating clinic.

## Pre-Treatment Appointment

You will attend consultations for evaluation, treatment planning and consent.

## Treatment Phase

Procedures are performed in a specialised fertility clinic environment over several visits.

## Monitoring

Regular ultrasound scans and blood tests are required to monitor progress.

## Return Travel

Travel plans are discussed based on the stage of treatment and clinical advice.



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# The Treatment Process

IVF treatment generally includes several steps:

## Ovarian Stimulation

Medications are used to stimulate the ovaries to produce multiple eggs.

## Egg Retrieval

Eggs are collected from the ovaries using a needle guided by ultrasound, typically under sedation.

## Fertilisation

Eggs are fertilised with sperm in a laboratory to create embryos.

## Embryo Culture

Embryos are monitored for development over several days.

## Embryo Transfer

One or more embryos are placed into the uterus using a thin catheter. Additional procedures may be recommended depending on individual needs.



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## After the Procedure

After embryo transfer you may experience:

- Mild cramping
- Light spotting
- Bloating
- Fatigue
- Emotional changes

These effects are generally mild and temporary.

## Recovery and Expected Results

### Early Phase

Most patients resume normal daily activities shortly after embryo transfer.

### Waiting Period

Pregnancy testing is usually performed approximately two weeks after transfer.

### Outcome

Success rates vary widely depending on age, health and other factors. Multiple cycles may be required.

## Aftercare Instructions

You may be advised to:

- Take prescribed medications as directed
- Avoid strenuous activity for a short period
- Maintain a balanced diet
- Attend follow-up appointments
- Report any unusual symptoms

Following medical advice supports treatment outcomes.

## Potential Benefits

IVF may:

- Provide an opportunity for pregnancy when other treatments have not been successful
- Allow use of assisted reproductive techniques
- Offer options involving donor eggs or sperm
- Support fertility preservation plans

Outcomes vary between individuals.

## Risks and Complications

IVF treatment carries potential risks.

Possible complications may include:

- Ovarian hyperstimulation syndrome (OHSS)
- Bleeding or infection after egg retrieval
- Multiple pregnancy
- Ectopic pregnancy
- Emotional stress
- Cycle cancellation

Your specialist will discuss risks specific to your case.

## Procedure-Specific Considerations

### Success Rates

Success varies based on age, fertility factors and treatment history.

### Multiple Cycles

More than one treatment cycle may be required.

### Emotional Impact

Treatment can be physically and emotionally demanding.

### Legal and Ethical Considerations

Regulations regarding fertility treatment vary between countries.

## When to Seek Medical Advice

Seek medical attention if you experience:

- Severe abdominal pain
- Persistent vomiting
- Rapid weight gain
- Difficulty breathing
- Heavy bleeding
- Fever

These may indicate complications requiring prompt evaluation.

## Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for IVF?
- What are my chances of success?
- How many cycles might be needed?
- What medications will be used?
- What are the risks in my case?
- What support services are available?

## Further Information and Consent

Before proceeding with treatment you will be asked to sign consent forms confirming that:

- You understand the nature of the proposed treatment
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that outcomes may vary between individuals

The final decision regarding suitability for treatment is made by the treating specialist following medical assessment.

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group  
contact@worldmedigroup.com  
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